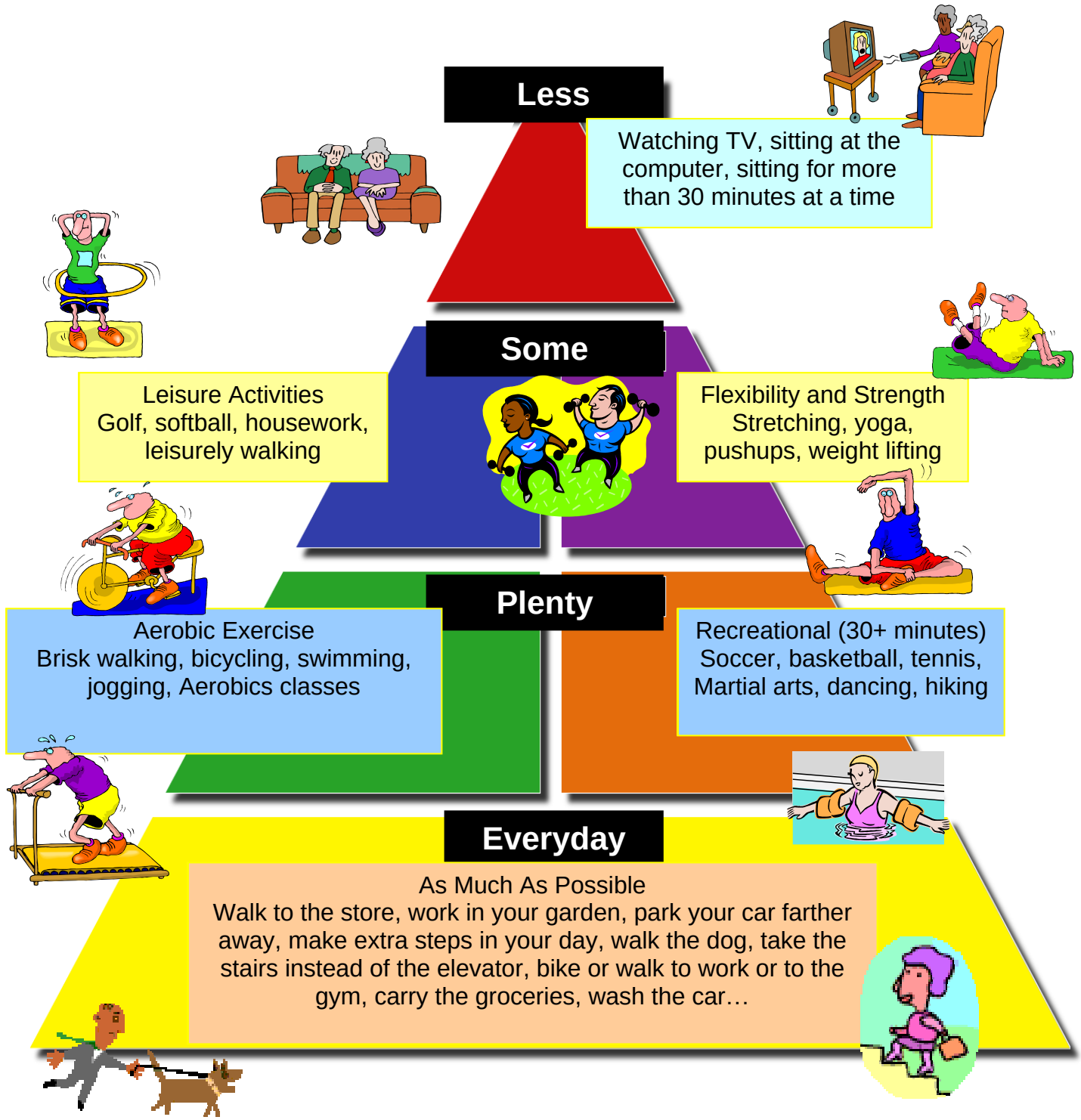
Physical Activity Pyramid

Be creative in finding ways to stay active!



MOVE!